

The YRBS is a nationwide survey produced by the Centers for Disease Control and Prevention (CDC) Division of Adolescent and School Health (DASH) to monitor the six critical health behaviors of adolescents: alcohol and drug use, injury and violence (including suicide), tobacco use, nutrition, physical activity, and sexual risk behaviors. The data is collected from students in 9th through 12th grades every two years. In 2007, Kentucky was able to obtain weighted high school data.

Youth in Kentucky Disproportionately at Risk

- Males (41.6%) were more likely than females (24.1%) to have been physically active for at least 60 minutes per day on at least five or more of the past seven days
- Black students (44.9%) were more likely than white students (25.5%) to have watched three or more hours of television per day on an average school day
- Males (24.6%) were more likely than females (18.1%) to have played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day
- Blacks (29.5%) were more likely than whites (20.3%) to have played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day
- Males (37.3%) were more likely than females (24.4%) to have attended physical education (PE) classes on one or more days in an average week when they were in school
- Blacks (57.7%) were more likely than whites (47.1%) to have played on one or more sports teams during the past 12 months

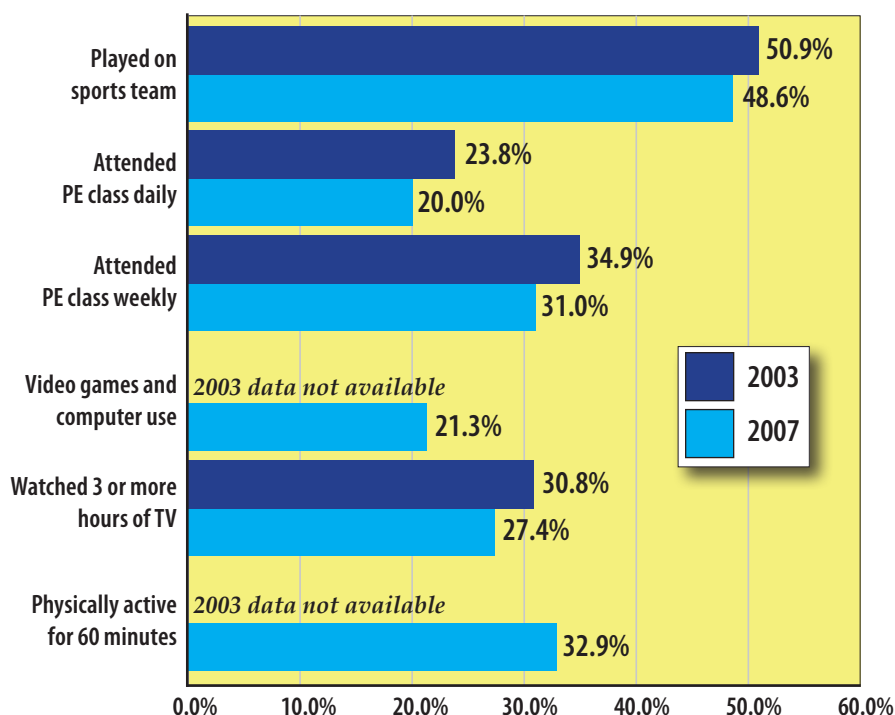
Physical Activity

Physical activity reduces the risk of coronary heart disease, hypertension, colon cancer, and diabetes. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. The U.S. Departments of Health and Human Services (HHS) and Agriculture recommend that young people (ages 6–19) engage in at least 60 minutes of physical activity on most, preferably all, days of the week.¹

¹ Centers for Disease Control and Prevention. <http://www.cdc.gov/HealthyYouth/physicalactivity/>. Retrieved 7/28/08.

Physical Activity Trends in Kentucky

The following graph represents the physical activity behaviors of adolescents in 2003 and 2007. Please note that none of the data represent statistically significant changes.



For More Information

For additional KY YRBS data and other YRBS fact sheets, visit the KDE website at: <http://www.education.ky.gov/KDE/Administrative+Resources/School+Health/Youth+Risk+Behavior+Survey.htm>

For national data or more information on the YRBS, visit the CDC website at: <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>